



Depression

WHAT TEACHERS NEED TO KNOW

The Basics

Feeling down from time to time is a normal part of life, but sometimes emotions such as hopelessness and despair take hold and just won't go away. More than just sadness in response to life's struggles and setbacks, depression changes how people think, feel, and function in daily activities. It can interfere with your student's ability to work, study, eat, sleep, and enjoy life. Just trying to get through the day can be overwhelming.

Here are some common symptoms of depression in the classroom:

Physical

- Appetite or weight changes
- Sleep changes
- Loss of energy
- Unexplained aches and pains

Emotional

- Feelings of helplessness or hopelessness
- Loss of interest in daily activities
- Anger or irritability
- Self-loathing or reckless behavior
- Concentration problems

*In the event that a student expresses thoughts of self-harm and/or suicide, please contact a member of the school wellness team immediately so that the student can be adequately supported.

Classroom Tips

Depression can interfere with your student's day-to-day activities, making even getting to school difficult. You can support your students by:

- Finding the good and praising it.
- Checking in with the student if you notice changes and letting them know you are a support.
- Contact the school wellness team.
- Incorporating physical activities into daily classroom instruction.
- Support disorganization or forgetfulness by reminding students to use planners and post reminder for assignments in the classroom.
- Create opportunities for students to engage in social interactions.
- Communicate with caregivers about changes and progress.

Additional Resources

- Article: [What Teachers need to know about childhood depression](#)
- Article: [Responding to a student's depression](#)
- Article: [Anxiety & Depression during the pandemic](#)
- Podcast: [Tools for COVID](#)